



KURSPLAN

GÜLTIG AB DEM 03.08.2026



PHYSIO-FIT



GRUPPE-AKTIV



FIGUR-FIT



ANTI-STRESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:30 – 08:15 ● RückenFit	06:30 – 07:15 ● Cycling			06:30 – 07:00 ● Aerosling®	
08:15 – 09:00 ● Cycling	07:20 – 07:40 ● Bauch extrem			07:00 – 08:00 ● Bodyforming	
09:15 – 10:00 ★ ● Pilates					10:30 – 11:15 ● Easy Step (siehe Aushang)
	09:30 – 10:15 ★ ● FitMix	09:00 – 9:45 ★ ● Pilates		9:00-9:30 ● Bauch, Beine, Po	
		10:00 – 10:30 ★ ● FaszienVital		9:30-10:30 ● Rückenfit	
			Damensauna 16:00 – 21:30 Uhr		Sonntag
17:30 – 18:00 ● Bauch, Beine, Po HIIT	17:30-18:00 ● Bauch, Beine, Po	17:30-17:50 ● Stretching	17:30 – 18:15 ● Cycling	17:30 – 18:15 ● Pilates	9:30 – 10:00 ● Aerosling®
18:00 – 19:00 ● Yoga	18:00-18:45 ● Power Dumbbell	17:50-18:20 ● Bauch ,Beine ,Po	18:30-19:15 ● In-shape	18:30-19:15 ● Power Dumbbell	10:00 – 10:20 ● Stretching
19:15-20:00 ● In-Shape	19:00 – 19:45 ● Cycling	18:30-19:15 ● Bodyforming	19:15-19:45 ● Stretching	19:30 – 20:15 ● Cycling	10:30 – 11:00 ● HIIT Bauch, Beine, Po
		19:30 – 20:30 ● Yoga			11:00 – 12:00 ● Bodyforming

★ Kurs oder Zeitänderung